

MY HISTORY WITH HEMI-SYNC®

by Philippe Lukomski

Philippe Lukomski of Paris, France, became a sustaining member of The Monroe Institute® in 1990 and feels he has benefited greatly from Hemi-Sync® tapes and CDs since then, especially the GATEWAY EXPERIENCE® as well as METAMUSIC® and MIND FOOD® exercises. Philippe says, "Simply put, I might not have been who I am now without Hemi-Sync. It's the old question of the chicken and the egg: which came first? Am I what I am now because of the Hemi-Sync tools or did Hemi-Sync attract me initially because of what I was? Both, I guess." Philippe has also participated in the Dolphin Energy Club healing outreach, and his avocation is amateur filmmaking. Two of his screenplays have been submitted to French producers and he is currently awaiting their response. Philippe is convinced that TMI offers important, potent consciousness-expanding techniques for everyone. To express his gratitude for what he has gained, he is sharing his personal history with us.

Before learning of TMI at the age of twenty-three, I was interested in questions of art, consciousness, knowledge, philosophy, and only incidentally NDEs. A book by Raymond Moody led me to Kenneth Ring, which led me to Elisabeth Kübler-Ross, who hinted at her experiences at TMI. Then I read Bob's books and was "hooked" and shattered intellectually. Still, I was careful and initially doubtful of the advantage of out-of-body experiences (OOBEs), if there even was such a thing. Once a complete materialist in the worst sense, I have kept the good part of the Cartesian stance: an attitude of "I won't be fooled!"

Then I discovered TMI's sleep tapes. My first goal was to improve my own sleep, as it was quite disordered from years of night watches as an amateur astronomer and perhaps also existential questions. My first tape experience was, oddly, almost a full "white night" without sleep, maybe from excitement. But the second try induced a completely normal and totally restful sleep just twenty minutes into the exercises. Sometimes I'd waited two to three hours before finally falling into Morpheus's arms. It was amazing to "pass out" so rapidly! My sleep process normalized through the months, and I'll always be hugely grateful for that. Pills and other intrusive methods have never appealed to me.

One thing led to another. I expanded my areas of interest, finetuning my preoccupations regarding "spiritual" issues, scientific issues pertaining to mind, consciousness, and sense of self, Buddhism (for meditation method only), Jungian psychology, and then crop circles, UFOs, and other controversial subjects. Throughout, I always tried to stay levelheaded and maintain an open but inquiring and critical mind: the culture of doubt in the best sense. I'm still evolving and changing, and never holding anything as a certainty prevents me from being too selfish or getting involved in power issues.

I purchased the *GATEWAY EXPERIENCE* in spring 1990, and two months later—after experimenting three or four times a week—I began to have very interesting sensations, new, nonphysical inputs! My interest in the OOB was for what it could lead to: expanding my sense of being, widening my knowledge of existence, adding some relativism to everyday life, and exploring rather than escaping. Like music and art, movies and literature, fine cooking and wines, enjoying nature, and talking with friends, Hemi-Sync broadens and enriches life.

In one year, practicing with the *GATEWAY EXPERIENCE* exercises to achieve an OOB and to better sense nonphysical reality led to extraordinary sensations. They proved to me beyond a doubt that we are more than our physical bodies. That knowledge would induce anyone to reframe his or her way of living and feeling, to place it into a completely different perspective. Technically speaking, there were unprecedented vibrations (especially in my hands, limbs, and face) with an “electric” quality and a sensation of “heat.” “Inner sounds” are difficult to describe in everyday language. Some resembled short but undeniable clicks; others were like gusts of wind. I felt “heat” waves inside my whole physical body, which itself was kind of “paralyzed” and numb, and there was sometimes a HUGE pressure outward, similar to falling into a tunnel at great speed. These events were a “proof” for me. I had never before felt such things under any circumstances, it was neither a construction of mind nor a vague sensation, and there was a perfect continuity of consciousness.

Some sensations and feelings have no point of reference in our usual physical existence: an elation, a super-vivid awareness—more precise and focused than in the normal physical state—a sort of widening of the boundaries of the skin, as when one pulls off a glove, although it only reached (for me) a “dephasing” but did not go as far as a “take-off.” And eventually there was a physical erection, a total surprise, as I had never heard of that parameter. That response could make sense if an OOB state is akin to delta or theta sleep mixed with beta wakefulness. More precisely, if the OOB state induces a mixture of beta with delta or theta in the brain—a deep-sleep state with a wide-awake condition—I speculate/infer that “sleep” is more than we think and occurs upon some other “level” than just our physical brain. Bob suggested this in his books, that sleep is an OOB at “low level” without awareness (or maybe only a shadowy one).

From the beginning, I journaled everything and still do—like a book of dreams—except these are not dreams at all! Each experience was exhilarating, uplifting, and energizing but also mind-boggling. It took time to digest them in the context of everyday routine. But never once did I fall into a “schizophrenic” state (my pledge to the rational Cartesian approach being helpful). And at no time did I fall into a “parallel” world, contrary to what someone once warned me.

A few times only, I have had spontaneous and unexpected experiences in the dead of night, waking up suddenly with all the effects in full flow, a movement upward so tremendous, a rush

in the “ears” so deafening, that each time I foolishly panicked, feeling helpless, although repetition should have taught me the innocuousness of the whole thing! I attribute my response to the survival instinct. One way or another, I must still hold to some deep-seated fears of death or change and occidental/French cultural frameworks. But I’m working on it.

From my point of view, the spirit of TMI, Bob Monroe’s inspiration, and the Hemi-Sync tools complement ongoing research into self-awareness. What I’ve learned helps me be quieter inside and outside, at peace, and to avoid “belief systems” or to at least recognize them. I also tend to be more cautious with my words and actions and aware of their potential influence upon others. What I’ve learned helps me to be more open (not excessively) and willing to listen without ever imposing myself or my ideas on others. TMI’s work, for me at least, seems to be in the tradition of what was called the “Enlightenment” period in Europe and also to be a pure expression of the American spirit. By “enlightenment” I mean placing the individual (not the ego) at the center of life and assisting the expansion of knowledge and “wisdom” in a society of justice and peace, with consideration for everyone.

The Institute adheres to rationality in its positive meaning of cultivating doubt and experimenting for oneself. The Hemi-Sync Journal is always interesting reading, even for a nonscientific person like me. Still, this scientific stance allows TMI to go one step further in what seem to be uncharted lands from the point of view of earthly humans. Everything is done with the value of personal experience in mind, and that’s why I’ll always have genuine confidence in TMI. It’s my hope to attend the *GATEWAY VOYAGE* in Virginia one day, but that must be postponed for financial reasons. Time and serendipity will decide.

My sleep has been quite normal for many years now, but the sleep CDs are still useful in periods of stress or when I’m too wakeful and filled with thoughts. Almost daily I use *METAMUSIC* for relaxation when possible and for meditation—always in the evening—or just for a transition leading to that blessed other reality called sleep. *METAMUSIC* selections are more finely crafted year after year and a real treat. The variety, the subtlety, and the quality of the compositions exceed my expectations, especially the 2005 and 2006 vintage. It is such a pleasure to nestle into them and to enjoy an hour or more of music. One can appreciate the ambience more deeply and settle into the right mood more completely. I prefer original creations without a familiar cultural reference because they allow me to drift away from everyday life. The peace or pleasure I find in some classical music or jazz is totally different from what I’m looking for in Hemi-Sync music.

I sometimes use MIND FOOD and other Hemi-Sync exercises. *OPENING THE HEART* is useful when anger or tension lurk around at work. It is a constant reminder of the necessity to recenter—we are not the center but we have a center—and not dissipate oneself or be sucked into petty bickering, useless distractions, and egotism. This is difficult sometimes, as life and people can be so odd. There is no magic wand.

I now use the new Focus 15 and 21 and *Journey Out of the Body* for fine-tuning my awareness of the nonphysical dimension. Still, I must confess to being a slow learner, maybe because of unidentified deep-seated fears and apprehensions or because of holding too much to physicality. Also, time and opportunities are sparse. There was a lull when I used the *GATEWAY EXPERIENCE* only once or twice a year. Now I'm practicing again with a light-hearted mind and evolving results build upon each other. I still discover different nuances in vibrations, tingles, and twitches, like cords snapping inside the body. Now my experiences are more natural and flow easily. I don't invest them with the great expectations of old. It is a case of being less eager but not totally eager less. It is easier to manage the "passive will." When a Hemi-Sync session is "successful" and opens some kind of channel, it's not strange but feels quite normal, almost casual, and yes, funny and joyful. Sometimes I return from an experience giggling stupidly! Hemi-Sync CDs are like breakfast time for me, a very enjoyable period of everyday life and as normal as a croissant and chocolate!

In these days of imbalance, TMI appears like a genuine beacon to me, a harbor, a haven that doesn't impose any judgment or belief. TMI has only one clear and totally open goal: the evolution of individual consciousness and through that societal consciousness. This is a valuable "lesson" in a time of hatred (in the name of God, still!), when many seek to impose their views upon others. We can only hope that more and more people will work on themselves—as that is the issue—and emancipate themselves from dubious and violent beliefs or attitudes built upon ideologies and the fear of death. In my view this must include global economic trends like consumerism, which foreshadow an ecological, sociological, and human disaster. One antidote (apart from a proper education and true political decisions aimed at public wealth) is to explore the multifaceted nature of reality and ourselves. But this cannot be done by force, which would be a contradiction in itself. Light can't be imposed upon anyone and who can even pretend to possess light for others? Such a "light would cast quite a dark shadow upon her/him," as a poet once said. And anyway, it wouldn't work.

In my conversations I've discovered that Hemi-Sync tools, even for sleep, can't be "proselytized." I lend my CDs to any friend or family member who I think could benefit, especially for sleep and relaxation. But as far as the "other realities" are concerned I'm afraid, at least in France, that suspicion and reductionism have left their mark. This attitude prevents many people from opening their eyes and ears to other dimensions. I talk about such ideas if someone asks me but not much, because the decision must be autonomous. Only one of my best friends uses my CDs, but she's already engaged on a similar path. As a nonreligious person, I believe the emancipation of each individual rules out the use of any kind of coercion however mild. So I try to be what I am in a gentle way and hope that my own "calm" will have its own effect, in its own time.

I appreciate the *TMI Focus* and the *Hemi-Sync Journal* and the quality of the articles. Laurie's profound sensibility and sense shone through her editorials—a continuation of her father's

spirit in her own way. Her death was a total shock for me. I would love to see more accounts of personal experiences of any kind and from any country. There seems to be no end to the process of discovery, and I shall always be in your debt.

[We thank Philippe for taking the lead and kicking off what we hope will be a series of stories from Hemi- Sync aficionados around the world. Readers can reach him at leominor1 @ yahoo.fr]

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.
© 2007 by The Monroe Institute